



Creamy Coconut

Cauliflower Curry

A vibrant and hearty vegetarian curry with sweet potato, cauliflower, and fresh tomato, simmered in coconut milk and spiced with ginger. Served with toasted flatbreads for dipping.



30 minutes



2 servings



Vegetarian

FROM YOUR BOX

| | |
|--------------------|----------|
| SWEET POTATO | 500g |
| CAULIFLOWER | 1/2 |
| TOMATO | 1 |
| GINGER | 1 piece |
| COCONUT MILK | 400ml |
| LEBANESE FLATBREAD | 5-pack |
| CORIANDER | 1 packet |

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or paste

NOTES

A pre-made khorma, madras or rogan josh curry paste can be used for this dish. If using dry spices, try adding black mustard seeds, cumin seeds, ground cinnamon or cardamom for extra flavour. Garam masala can also be used instead of curry powder.

You can bulk this dish out by adding tinned chickpeas or lentils to the simmering curry.

No gluten option – Lebanese flatbread is replaced with GF Lebanese flatbread.

Protein upsize – tinned lentils. Drain and add to curry after simmering.

1. SAUTÉ THE VEGETABLES

Heat a large pan over medium heat with **oil**. Dice **sweet potato** (1cm), cut **cauliflower** into small florets and wedge **tomato**. Add vegetables to the pan as you go, seasoning with **salt** and **pepper**.

TIP *You can also add diced onion or zucchini if you have some on hand.*

2. ADD AROMATICS AND SIMMER.

Stir in **1–2 tbsp curry powder or paste** (see notes). Peel, grate and add **ginger**. Sauté for 2 minutes until fragrant. Pour in **coconut milk** and **1/2 cup water**. Bring to a gentle simmer, cover and cook for 10–12 minutes, until vegetables are tender.

TIP *Add a few curry leaves, a dash of soy sauce, or 1 tsp brown sugar for added depth of flavour.*

3. TOAST THE FLATBREAD

Meanwhile, brush **flatbread** with **oil**. Toast in a dry pan for 30 seconds each side or until golden and warmed through. Tear or slice into triangles for serving.

TIP *Sprinkle with cumin, chilli flakes or rub with crushed garlic before toasting for extra flavour.*

4. FINISH AND SERVE

Season curry with **salt and pepper** to taste. Serve curry with flatbreads and garnish with chopped **coriander**.

TIP *Add a squeeze of lime juice or a spoonful of yoghurt on top for a fresh finish.*

This recipe has simplified instructions to help lower your meal cost.